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Prayers for Girls

BY

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“In everything by prayer and supplication with thanksgiving let your requests be made known unto God.”

PHILADELPHIA

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Introduction

NORMALLY, the first actual lesson in religion is an elementary instruction in the ancient and universal practice of prayer. The child kneels beside his mother, and she will repeat, at first for him, and afterwards with him, simple words of petition. When, however, the child grows older, and after the Lord's Prayer has been learned, the average parent feels that instruction in prayer is finished, and the child is sent out with a very meager equipment for its devotional life. No provision is made for meeting, by prayer, the very real problems, the disappointments, and the cruel heartaches, which come to youthful life. Young people must be taught that God cares to have them go to Him at all such times, that He wishes to be their constant friend and confidant. They must also be taught that prayer, when it is made a thing apart from life as they experience it, becomes unnatural and artificial, and that without

reality in prayer, God Himself becomes a Being very far off. It is with the ideal of helping a girl to face life with God, and to teach her to give true expression to her devotion, that this little book is sent out upon its mission. It is a human little book. It enters into the inner sanctuary of the girl's heart, and enables her to give utterance to longings and hopes, which before she has been unable or unwilling to speak in the presence of God. A prayer for Courage, for Cheerfulness, for Fortitude under Failure, in Perplexity, in Sorrow, in Disappointment,—these few titles show the wideness of the little book's range, and the depth of its understanding and sympathy. We have long needed just such a book as this. Here it is. May our girls make use of it.

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Prayers for Girls

The Lord's Prayer

OUR Father, Who art in heaven, Hallowed be Thy name. Thy kingdom come. Thy will be done on earth, as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation. But deliver us from evil. For Thine is the kingdom, and the power, and the glory, for ever and ever. Amen.

Morning Prayer

I THANK Thee, O God, for keeping me safe through the hours of night. Be with me through this day and guide me in all I have to do and in all I say. Keep my tongue from unkind and careless words, my mind pure and true to the best I know. Make me diligent in my work, cheerful and thoughtful of others. Save me when I am in danger of

yielding to temptation. Give me a right judgement in all things. Grant me so to live here that, in the world to come, I may be with Thee. For Jesus Christ's sake. Amen.

A Noontide Prayer

O LORD, do not let a busy life turn me from Thy service. Make and keep me Thine. For Jesus' sake. Amen.

Evening Prayer

I PRAISE Thee, O God, for the love and mercy that has brought me through another day. Forgive my failing to have done right in the hours that are past. Help me to do better tomorrow. Make me grateful for the kindness that has been shown me and forgiving to those who have hurt me. Send peace into my heart. Give me a restful night that I may be ready for tomorrow, both in mind and body. Let sleep bring me strength and refreshment. Comfort me with a sense of Thy goodness. Bless me and all I love. For Jesus' sake. Amen.

For Courage

LORD of all power and might, Who gives strength to the weak and upholds those who might fall, give me courage to do what is right, for those who trust in Thee have no need to fear. Make me brave to face any danger which may now threaten me. Give me the help Thou hast promised to those who ask it, that I may overcome my fears and go bravely forward. Fill me with courage, that nothing which it is my duty to do may be too hard for me. Let me put my trust in Thy power and goodness. For Jesus' sake. Amen.

For Work

O GOD, Who has ordained that man should work for daily bread, show me the work that is appointed for me to do. Thou knowest the things that I need. Help me to find the honest task that will make me able to get them. Let me not despise my task, even if it be small, but help me to do it so well that I may obtain a better one. I am part of this great world Thou hast made. Give me a place in its work, that I may have

enough for my own needs and be able to help those who have less. I ask this for the sake of Thy Son, Jesus Christ, Who worked with His hands when He was on earth. Amen.

For Money

O LORD, Thou knowest we have need of many things that money can buy. Give me the power to earn it honestly and to spend it wisely. There is great abundance in this world of Thine. Grant that such a share may be mine as will deliver me from poverty and set me free from grinding care. If I have riches, help me to use them as coming from Thee. Teach me to use my freedom for Thy service, and for the good of others, and not alone for my own pleasure. For Jesus' sake. Amen.

For Good Temper

GRANT me, Lord, a quiet mind and a body so ordered in Thy natural laws that it may be at ease and ready for service. Then, when outward irritations come, help me to remember that losing my temper harms me and those about me, and brings

good to no one. Make me feel that things that annoy me will be soon past and that I must not let them affect my character. Bad temper makes me hateful to myself and to others. Let me not form the habit of yielding to it. With Thy grace I can fight against it. Give it to me, for Jesus' sake. Amen.

For Cheerfulness

O LORD, make me cheerful that I may bring good cheer to others. Let me remember that the world is full of sadness and needs all the brightness I can give it. Give me power to hide my griefs deep in my soul and to bring only happy thoughts to others. Help me to keep cheerfulness as a shining armor always about me, and so shed happiness on all around me. When sorrow comes let me not forget that there is still joy on earth and that in time I shall share in it again. I ask this for Jesus' sake. Amen.

For Peace at Home

O GOD, Who makes men of one mind that live in a house together, bring peace into our home. Help me to do my

share. Make me ever ready to give the soft answer that turneth away wrath. Take from me the wish to irritate and prevent me from saying the grievous words that stir up strife. If tempted to quarrel, make me able to keep my own temper. Let the law of kindness rule my life and govern all I do and say. When my feelings are hurt let me turn to Thee for comfort, and keep me calm under the shadow of Thy wings, for Jesus' sake. Amen.

For Truthfulness

O GOD, Who has told us in Thy holy word that Thou art the Truth, keep my lips from falsehood. Do not let fear force me into saying what is not true. Make me think before I speak so that what I say may not be untrue. Strengthen me when it is hard to speak the truth. Give me such a great respect for my word, that I never may break it. Having promised, let me always perform. Make me sincere in all my actions. Take from me the wish to deceive, that I may be truthful both in word and deed. I ask this for Jesus Christ's sake. Amen.

For Faith

O LORD, there are many things that I cannot understand. Make plain to me what is necessary for me to know. Thou saidst in the Gospel that if any man would do Thy will he should know of the doctrine. Help me so to live that I may have the knowledge that is needful for me here. Help me to follow in the footsteps of Thy most holy life and not be troubled about questions of belief. Let my daily life show that I have faith in Thee, for I know that in the next world all mysteries will be made clear to me. Grant me here light to walk by, and the sure trust that it never will fail me. For Thine own dear sake. Amen.

For Patience

O LORD Jesus Christ, Who, in Thy life on earth, showed us an example of perfect patience, help me to bear my troubles without complaint. Let these trials that seem so hard bring good to me. Enable me to keep all my strength for patient waiting, and not to waste it in tears and complaining.

Let patience have her perfect work in me. Let me remember that all good is slow in growth, and let me not despair because I do not see its fruit at once. When I am vexed with others, bring my own shortcomings before me, and make me patient with their faults. For Thy sake. Amen.

For Forgiveness

LORD, Thou has taught us to ask for forgiveness from Thee. Give me grace to forgive those who have injured me. Soften my heart, that I may do them no harm by word or deed. If bitter thoughts are in my mind and cruel words come to my lips, help me to stifle them. Help me to remember that no one but myself can really hurt me, and that, whatever wrongs may be done me, I cannot set them right by revenge. Make me able, always, to forgive wholly and heartily. For Jesus Christ's sake. Amen.

For Endurance

O GOD, Who has given me the wish to do right and helped me to serve Thee, strengthen me to persevere. When I am

weary in well-doing, remind me that the ways of sin are hard in the end. Do not let me, in a moment of weakness, lose all that I have gained. In the darkness of discouragement, give me the light of Thy presence. Help me to endure as a good soldier of Jesus Christ. Thou hast said that he who endures to the end shall be saved. Suffer me not to fall from Thee. For Jesus' sake. Amen.

For Helpfulness

O LORD, Who has set me in this world and given me my work to perform, show me how to help those who are near me, and need what I can give them. Kindness and encouragement will lighten another's load. Let me see how I can help them. Make me a burden-bearer, for burdens shared are shorn of half their weight. If I have not strength to do much, let me do what I can. Help me to put love into each little service, and let me not turn away offended because those I have wished to serve are not grateful. I ask this for Jesus' sake. Amen.

For Self-control

O GOD, I pray Thee so to order my mind that I may have all my faculties under control. When temptation comes, make me ready to meet it. If fear assails me, let me be able to conquer it. Keep me calm in danger, and unruffled when panic seizes others. When I am annoyed, help me to not show it. If others provoke me, strengthen me to keep silent. Grant me power to rule my own spirit. Give me such calmness as may enable me to use all my powers of mind and body to the best advantage. Keep my trust in Thee unshaken. For Jesus' sake. Amen.

For Unselfishness

O LORD Jesus Christ, Who in Thy life here showed us the perfect example of love for others, free me from harmful thoughts of self. Thou hast said that he who loses his life shall find it, so put far from me selfish words and deeds. Teach me that a heart devoted to the benefit of others has more happiness than a heart whose aim is self-advantage. Let me find pleasure in helping

others, and joy in giving without thought of return. Keep the thought of Thine own unselfish life always before me. For Thy dear sake. Amen.

For Tact

O LORD, Who art full of love and mercy, help me to be careful of the feelings of others. Let me beware of the hasty word, the prying question and the indelicate allusion, that hurt worse than a blow. Show me how to put the shy at ease, and to give them confidence by words of kindness and true interest in them. Keep me from blundering into the sacred places of others. Give me a wholesome sense of the rights of others, that I may not even seem to disregard them. Bestow on me keen insight, that I may see at once the fitting thing to do, and grant me the grace of kindliness. For Jesus' sake. Amen.

For Charity

O GOD, Thou hast taught us in Thy holy word that all our doings are worth nothing without charity. Put into my heart such love towards Thee that I may love all

whom Thou hast made. Let me show this love by deeds of kindness; make it the law of my life. Teach me to be charitable in my judgement of others. When they fall, let me think of my own failings and help them instead of condemning them—remembering the strength of temptation. Let me not easily believe the worst. Let me be quick to see when they wish to do right, and let me help to make repentance easy for them by sympathy and kindness. Grant this for Jesus' sake. Amen.

For Prudence

O LORD, Who has made all things in this world of ours, teach me to use Thy good gifts with prudence and discretion. Let me not waste what I should keep in store for time of need. Before I begin a work, let me consider if I have time and strength and means to finish it. Give me such forethought that I may not have to look back with vain regret. Let me guard my health, and all my resources, that I may have enough to spare for the service of others. If I have

more than I can use, let me keep it prudently, that I may have something to share with those who want. For Jesus' sake. Amen.

For Faithfulness

O LORD Jesus Christ, Who has given each of us our work on earth, help me to be faithful in mine. Let me do each part as if I were in Thy immediate presence, and let me put into it the best service I can give. If my work is tiresome and harder than I thought it would be, help me to keep on and not neglect it because I am tired of it. Make me true in all relations of life. Help me to be faithful to my friends; never to betray a secret given me to keep, not to reveal what I have overheard by accident, nor to tell what I know they would wish to hide. Make me worthy of trust. For thine own sake. Amen.

For a Right Judgement

O GOD, Who has made us with the power to choose good or evil and given us free will that we may do so, guide me to a right judgement in all things. Give me an open

mind, that I may see both sides of a question and understand their true value. Let me not be deceived by appearances, but let me be able to look into the heart of things and see what is beneath the surface. Let not fair words nor flattery distract my judgment, nor taunts or threats disturb it. Help me to judge according to right. For Jesus' sake. Amen.

For Hope

O GOD, I beseech Thee to grant me the gift of hope. My life is dark and full of sorrow. There seems nothing to look forward to but sadness. Show me that life has duties and many pleasures still in store for me. Revive within me the desire to live. Plant hope in my heart that despair may vanish, as the dew before the sun. All good things come from Thee, and Thou hast promised to give them to Thy children who try to serve Thee. Fulfil Thy promise to me. Let the hope of happiness in the world to come make bright my way here. For Jesus' sake. Amen.

For Purity

O LORD Jesus Christ, Who lived a stainless life on earth, give me grace to be pure and clean in soul and body. When temptation is strong, help me to remember that the pleasure of a moment cannot compensate for the soil of defiling sin. Let me guard my mind, for impure thoughts are the beginning of evil. Make me know in time that I shall hate myself if I give way to sin, and that nothing can make up to me for the loss of purity. No one can hurt me but myself. Keep me from yielding to the desires of the flesh. Thou knowest the weakness of our mortal nature; give me strength to overcome it. For Thine own dear sake. Amen.

For a Quiet Mind

O LORD, my mind is tossed about like the waves of the sea, and filled with doubt and trouble. Calm me and keep me calm in the midst of these distractions. I know that in Thy protection all things are safe; open my eyes that I may see Thy lov-

ing care surrounding me. Make me feel and truly realize it. Help me to trust Thee as a tender father. Thou hast said that in quietness and in confidence is strength. Let me put away the doubts and fears that distract me. Thou hast promised to keep him in perfect peace whose mind is stayed on Thee. Fulfil the promise to me. For Jesus' sake. Amen.

For Sympathy

O LORD Jesus Christ, Who wept when Thy friend Lazarus died, give me a heart to feel for the sorrows of others. Make me quick to sympathize with their troubles and ready to do all I can to ease them. When they are happy, let me rejoice with them without envy. Give me such a measure of sympathy that I may be truly sorry when misfortune comes to them. If they are wronged, let me be ready to do what is possible to see that justice is done them. Make my sympathy to be shown in deeds and not in words alone. For Thine own sake. Amen.

For Fairness

O GOD, Who art the judge of all the earth, give me the spirit of fairness. Put from me all mean thoughts. Give me a wideness of view that can see the rights of others. Let not my feelings carry me into thinking that wrong is right. Help me to make allowance for circumstances, and not to condemn hastily. Let me do to others as I would have them do to me. Make me just to myself. Giving up my own honest rights makes another selfish, and wrongs us both. Give me an unbiased mind. For Jesus' sake. Amen.

For Forbearance

O LORD, Thou knowest that I am often tempted to angry words and hasty actions. I am not in harmony with those about me, and it is hard for me not to be provoked by them. Make me forbearing, that I may not stir up strife. Keep me from words and deeds that I know will annoy. Give me grace to be silent, and not let others goad me into sharp answers. When for-

bearance is difficult and seems impossible, let me remember Thy patience before Thine enemies, and try to follow Thy example. Grant this for Thine own sake. Amen.

For Honesty

O GOD, Who knowest me to be set in the midst of many and great dangers, give me strength to stand upright. Grant me such respect for the rights of others that I may not wish to profit by what would hurt them. Let me guard their belongings as I would my own. Make me honest with myself, that I may know myself for what I really am and not for what I pretend to myself to be. Let me not make it hard for others to be honest by putting temptation in their way. I ask this for the sake of Jesus Christ our Lord. Amen.

For an Open Mind

GRANT to me, Lord, I beseech Thee, an open mind, ready to receive the truth and to act upon it. Show me that others have a right to their own opinions, and help

me to see their point of view. Give me grace to feel that I, sometimes, may be mistaken. Help me not to shut my mind to facts because I do not like them. Let me ever give the same weight to facts which may be unpleasant to me, as I would give to facts which are pleasant because they are in my favor. Open the eyes of my soul to see the truth. For Jesus' sake. Amen.

For Humility

O GOD, Who despises the proud and gives grace to the humble, give me the grace of humility. Make me to know that the things I am proud of are gifts from Thee, to be used in Thy service, and not to humble and hurt others. When I am tempted to pride, let me remember that it was not through my own deserving that these things came to me. Thou hast bestowed them on me; let me try to use them so they will be a blessing and not a curse to me. Lead me as a child and let me not trust in myself alone. For the sake of our Lord and Saviour, Jesus Christ. Amen.

For Health

O ALMIGHTY God, Who has given me a wonderful body to hold my immortal soul, teach me how to live that I may keep it in health. Let me learn the laws that govern it, that I may not break them. Help me to regulate my appetite and passions that they may serve me in the up-building of my body and not to weaken it. Give me health of mind, that my thoughts may be clean and pure. Make me love Thy good gifts of fresh air and cool water and use them for the good of my body. Keep it always fit for Thy service. For Jesus' sake. Amen.

For Love

O GOD, Whose love sent Thy Son into this world to be our pattern of perfect love, grant me the best of Thy gifts, the power to win love. Fill my heart with love for others, that it may draw love to itself. Set me free from selfish cares, that I may have time and thought for others, and so deserve love by the loving service that I give to them. Grant me the kindly disposition, the graces

of both mind and body, that win love. Let me not forget that self-seeking drives love away, and keep me from the jealousy that kills it. For Jesus' sake. Amen.

For Trust in God

O GOD, Whose almighty power made this world and set me in it, help me to trust in Thee. Though my concerns are so small, they are a part of Thy great plan, and cannot escape Thy care. Let me feel Thy providence in my daily life and know that no harm can happen to me. Thy watchful care is over the birds of the air. Thou hast told us we are of more value than many sparrows. So give me, too, the things that are necessary for me. Help me to put away anxious care, so that I may know that each day will bring strength for its work. Let me trust Thee to provide. For Jesus' sake. Amen.

For Pardon

O GOD, Who hatest nothing that Thou has made, forgive my great sin. I have fallen so low I hardly dare come to Thee. Help me to rise again. Thou knowest

the weakness of our mortal nature. Forgive the wrong-doing it has led me into. If I were given over to evil I should not be sorry for what I have done. Give me grace to truly repent, and put behind me the sin I have committed. Let me show that I am sincerely sorry by never doing it again. If I repeat a sin I am doubly guilty. If I have tempted others to sin, give me strength to try to help them to forsake it. For Jesus' sake. Amen.

For the Love of God

O GOD, Who has loved me all my life, fill my heart with such love for Thee that I may be able to do the things that are pleasing to Thee. Thou art about my path and about my bed, and knowest all my ways, guiding me and guarding me from harm. May all Thy goodness lead me to Thee. Help me to love and serve Thee while this life lasts, that I may know the fulness of Thy love and the sweetness of Thy service in the world to come. For Jesus Christ's sake. Amen.

For Wisdom

O GOD, Thou knowest the perils that surround me and how easy it would be for me to slip and fall. Give me the wisdom that I need to avoid the snares that are set for me. The way is dark before me. I cannot see far ahead. Guide each step that I take. Help me to do what is best for myself and those who depend upon me. Grant me wisdom to discern between falsehood and truth, that I may not be deceived to my own undoing. Make me wise enough to choose the good, though I may desire the evil. I ask this for Jesus' sake. Amen.

For Firmness

O GOD, I pray Thee give me firmness, that I may be able to do what I know is right. Let me not be moved by ridicule, nor turned aside by persuasion. Let no bribe of love or money tempt me to do wrong. Make me firm to resist subtle temptation, for I cannot tell into what great evil I may be led if I give way to it. Help me to remember that firmness wins respect, and

that ridicule soon dies. Give me grace to know when to yield, that firmness may not become obstinacy. Let me hold fast by principle, and concede the lesser points that make for peace. Grant me Thy firm support. For Jesus' sake. Amen.

For the Power to Pray

O GOD, Who sees that I have no power of myself to help myself, put into me the power to pray. Fill my heart with such love for Thee that I can come to Thee with trustfulness, and feel that Thou art near to help me. I do not need many words, for Thou knowest my inmost thoughts. Let me bring my cares and troubles, my disappointments and misgivings, to Thee as to a loving Father and most merciful Saviour. Put away from me the doubt and mistrust that hinder prayer. Make me know that Thou art always ready to hear and help me, because of Thy great love for us whom Thou hast made. Grant this to the weakest of Thy children. For Jesus' sake. Amen.

For Self-respect

O GOD, Who made man in Thine own image and likeness, teach me so to respect myself that I may not spoil the work of Thy hands. Keep far from my mind every emotion that may degrade it. Let me not dwell on thoughts that are evil, lest they lead me to sinful actions and soil my soul. Teach me respect for my body so wonderfully made, and let me not dishonor it by any impurity. Help me to remember that I am a child of God, and to hold myself in honor, disdaining all meanness. I ask this for Jesus' sake. Amen.

For Skill

O LORD Jesus Christ, Who worked with Thy hands in the carpenter's shop at Nazareth, give me the skill that I need in my daily work. All knowledge comes from Thee. Help me to gain by care and diligence what I need. Grant me the steady application, the constant endeavor, that will at last bring perfection. Help me to give loving care to the smallest detail, that noth-

ing be slighted. Guide my brain to conceive, and my hand to execute, the best work of which I am capable. Let me never be satisfied with less. Make me so skilful that my work may be a delight and not a weariness to me. For Thine own sake. Amen.

For Presence of Mind

O GOD, Who has ordained that the body should be the servant of the mind, give me such control over my body that it will always obey me. Keep all my faculties alert, that I may be ready to act when an emergency comes, and then be able always to do the right thing at the right time. Make me always quick to see what is best to be done and prompt in the doing of it. Let no fear for myself hinder my action. Set my mind free for the service of others. When kind words are needed let them rise to my lips, and let me not be afraid to speak at the right moment. For the sake of our Lord and Saviour, Jesus Christ. Amen.

For Frankness

O GOD, Who art truth itself, and hatest deceit and crooked ways, make me frank and open in my dealings with others. Give me such pureness of mind that I may have nothing to conceal, and that I may reveal my thoughts without fear. Make me careful of the feelings of those to whom I speak. If there are unpleasant things that must be said, let me soften them as much as possible in the manner of telling. May my frankness never cause pain, or shame, to my friends in the presence of others. Help me to refrain from saying anything that I should dislike to have said to me. For Jesus' sake. Amen.

For Comfort

O FATHER in Heaven, Who art the God of all comfort, send peace and strength into my heart. All Thy waves and storms have gone over me. I am beaten down and utterly discouraged. My soul faints within me. My sorrow is greater than I can bear. I am too weak for the burden

laid upon me. Send me, I pray Thee, the comfort of Thy help. Shed abroad in my soul the peace of Thy great love. Comfort me as one whom a mother comforts, and let me feel about me the arms of Thy mercy. For Jesus' sake. Amen.

For Knowledge of Self

O GOD, Who knows what is in man, teach me to know myself. Show me my own weakness, that I may be strong to overcome it. Let me not be filled with pride when I should be ashamed of my own folly. Let me not distrust myself when there is work to be done which I ought to do and can do, if I call up the power that is in me. Help me to search out my motives, and not make excuses for conduct I should condemn. Make me able to see when I am in the wrong, and be ready to acknowledge that I may be mistaken. For Jesus' sake. Amen.

For Friendliness

O GOD, give me the grace of true kindness of heart and help me to be friendly to my neighbors. Teach me what true

friendliness is, and to be as careful of the good name of others as I am of my own. Teach me not to find fault when there is no occasion for fault-finding. If I can help a friend by a word of caution, let me speak it in love. Let me never turn my back on those in misfortune, but treat them as I should like to be treated myself, remembering that a friend is made for adversity. Grant this for Jesus' sake. Amen.

For Perception

O LORD, give me the eyes of love, quick to see the needs of others. Help me to perceive, without being told in words, the sorrow that needs comfort, or the despair that is without hope, and give me grace to be able to minister to it. Grant me to discern when shyness on my part conceals my desire to be friendly, and show me how to make the first advances. Keep my heart at leisure from itself, that I may have time to sympathize and the power to see when sympathy is needed. For Jesus' sake. Amen.

For Courtesy

O GOD, I pray Thee give me the grace of courtesy, that in all my dealings with others I may show true politeness and kindness. If I am annoyed let me not show my annoyance in unkind words. Keep my voice low when others are angry, and restrain my actions when they provoke me. If I cannot be polite, help me to find some way of escape from the difficulty that will not break the law of kindness. If I have been betrayed into rudeness, let me have the grace to be sorry, and the courtesy to apologize for it. I ask this for Jesus' sake. Amen.

For Modesty

O LORD, Thou hast set us bounds in speech and conduct that we should not pass. Help me to keep within them. Grant me moderation in all things. When I feel that a thing is immodest, let me shun it. Without making myself conspicuous, let me so order my dress that it may not transgress the requirements of modesty. When fashion makes this difficult, let me not follow it. Keep me from repeating jests

and stories that should make me blush, and let me not take pleasure in anything that is vile. For Jesus' sake. Amen.

For Success

O GOD, in Whose hands are all the issues of life, grant me success in this work that I am undertaking. Help me to give it the careful thought and the strict attention that will lead to success. May no carelessness on my part mar its perfection. Show me how to bring to it the best endeavor of which I am capable. Let me not despise the drudgery that is necessary to complete it. Make my life a successful one, in so far that every duty Thou givest me to do is well done. Pour upon me the blessing of Thy help and guidance and suffer me not to fail. For Jesus' sake. Amen.

For Fortitude under Failure

O GOD, I pray Thee not to let me be too much cast down by the failure of my work. If it was my fault, help me to do better hereafter. If the cause was beyond my control, keep me from useless regrets. Let me

not waste my strength in unavailing complaints. Encourage me in my efforts to find the reason for my failure that I may avoid the error in the future. Failure may be a blessing in disguise, and lead to a firmer perseverance that will bring success to my endeavors. Make me feel that it is so now, and give me strength to try again. For Jesus' sake. Amen.

For Gratitude

O GOD, who has given us all things richly to enjoy, fill my heart with gratitude to Thee. Let not mine be the ungrateful heart that accepts without acknowledgement. When gifts are brought to me, let me show pleasure in them and not receive them as though they were a right. If some special favor is shown to me, or to those I love, let me express my gratitude fully and cordially. Let my thanks be sincere that they may gratify those who have been generous to me. Thou art the giver of all good things. Let me show in my life that I am not ungrateful to Thee. For Jesus' sake. Amen.

For Perseverance

O LORD, Who has helped me to begin a good work, give me the perseverance to finish it. Let me not be weary in well doing, for Thou hast promised that if I faint not, I shall reap abundantly in due season. When I am tempted to give up anything I have begun, make me feel that if I persevere a little longer success may come and that it may be much nearer to me than I think is possible. Fix my eyes on the end, and let me not pay too much attention to the way, lest I grow discouraged. For Jesus' sake. Amen.

For Generosity

O LORD, give me the generous heart that is ready to give of its best for the service of others. All I have of time, or talent, or money, comes from Thee. Let me not be unwilling to spend a due share of these for those who need it. Let me be quick to perceive when others do well, and give them their just meed of credit and praise. Let me be ready to forgive slights and slow to perceive them when they are offered me.

Help me to be generous to those who do not attract me, or who seem to me to be undeserving. For Jesus Christ's sake. Amen.

For Strength

O GOD, through Whom strength is made perfect in weakness, I pray Thee to supply what is wanting in me. Thou hast said that to him who has no might Thou wilt increase strength. I am weak. Give me such a measure of strength as may be sufficient for me. When I am tempted, deliver me by granting me the power to overcome. When my daily work is too hard for me, strengthen me to be able to do it. If the burden and heat of the day oppress me beyond bearing, lighten the load, that my strength may be equal to it. Thou hast helped many. Help me. For Jesus' sake. Amen.

For Vision

O LORD, grant that my thoughts may not be bounded by what my eyes can see in the immediate present. Give me grace to discern spiritual things. Make me

able to look through the outward forms to the spirit within. Give me largeness of vision, that I may not be absorbed in the petty details of this life, but may see the ideal and strive to reach it. Perfection dwells beyond this world. If I can see that it exists, I shall struggle towards it. Let me not lose the vision, nor mar it by doubts of its final attainment. For Jesus' sake. Amen.

A Thanksgiving

O LORD, Who has given me this great joy, give me, too, a grateful heart, that I may thank and praise Thee as I ought to do. All good things come from Thee and Thou hast filled my life with blessing. Help me to enjoy with all my heart the happiness that Thou hast given me, and not spoil it by vain regrets for the past, or useless longing for more. If there is a trace of bitterness in my cup of joy, let me remember that nothing on earth is perfect, or can be so. I deserve far less than Thou hast given me. Make me truly grateful for Thy goodness. For Jesus Christ's sake. Amen.

Against Complaining

O GOD, Who has ordered my lot in life and my present circumstances, help me not to complain at them. Give me the ambition to try to improve the things that I do not like, that I may go forward, according to Thy will. Help me to be silent when I can only repine, that I may not waste my strength and annoy others by useless complaining. Help me to realize that complaining alters nothing and interferes with fruitful action.

If things seem too hard to bear without speech, let me turn to Thee, who hears the prayer of the humblest and will attend to my complaint. Help me to do this for Jesus' sake. Amen.

Against Worry

O GOD, Who has taught us in Thy word that all things work together for good to those who love Thee, let me trust Thee to bring this about for me. Save me from the useless worry that makes my days unhappy and my nights a misery. Help me to

plan calmly that which is best for me to do and leave the result to Thy care. Deliver me from unavailing regrets for the past. Let me forget the mistakes I have made, or remember them only as lessons for the future. Keep me from letting them distract my mind from my present duties. For Jesus' sake. Amen.

Against Anxiety

O GOD, Thou knowest the weight of care that oppresses me. Help me to bear it. When Thy Son, our Lord, was on earth, He said we were not to take anxious thought for the morrow, for our heavenly Father knew the things we needed, and would take care of us. Help me to rest in His word. Thou knowest what is necessary for me, and for those who depend upon me. Give them to us out of the fulness of the earth, which is Thine. Keep me from the anxious care that saps my energy and makes me unfit for my duties. Give me confidence in Thy power to help. For Jesus' sake. Amen.

Against Jealousy

O LORD, Who has given me all I have in this world, all powers of mind and body, keep me from being jealous of those who seem to me more highly favored than myself. Let me bend my will to gaining for myself the graces and virtues I envy in them. They do not have a monopoly of goodness. Let me claim my share. Make me able to praise what I so much admire. Put far from me the jealous anger that seeks to destroy. Deliver me from the jealousy that is the grave of love and that will bring me only deep unhappiness. For Jesus' sake. Amen.

Against Prejudice

O LORD, Who through Thine apostle Paul solemnly charged that all things should be done without prejudice, give me an unbiased mind. Help me to consider facts without regard to my own feeling in the matter. Let me not distort them to fit my conception of what should have happened. Grant that dislike of another

may not prejudice me, so as to prevent my giving all the circumstances fair consideration. Grant, too, that my love for anyone may not lead me to overlook faults I should condemn. For Jesus' sake. Amen.

Against Malice

O GOD, I pray Thee take from me all malice and the wish to revenge myself. If I have been injured, let me not be spiteful, or plan to injure those who have harmed me. Let me rise above malicious thoughts and not encourage them. When words that will wound others come to my lips, keep me from saying them. Help me to lay aside the malice that sees the worst in others, lest I hate them, and be hateful myself. None can love a spiteful person. Make me tender-hearted and forgiving. For Jesus' sake. Amen.

Against Fretfulness

O LORD, Who told Thy people not to fret lest they be moved to do evil, keep me from this foolish habit.

If I have just cause for complaint, let me

make it and then cease from words. When I want to fret against what cannot be changed give me strength to turn my mind to something else, and accept the unpleasing conditions with good grace. Fretfulness, like a corroding acid, wears away beauty and peace; keep it far from me. Fill my mind with loving thoughts, my time with useful work, that there may be no room for fretfulness. Calm me, O God, and keep me calm. For Jesus' sake. Amen.

Against Nagging

O LORD, Who has made each of us his brother's keeper, help me not to irritate those with whom Thou hast placed me. If it is my duty to reprove, let me do it once for all, and not keep up a perpetual nagging. Instead, let me think of pleasant words, some assurance that the fault I am trying to correct in another, will be overcome. Encouragement will do far more than reproaches. Give me grace to use it. Show me when to stop talking, that I may not excite opposition and destroy the good im-

pression I desire to make. Let me never relieve my own feelings by scolding. I beg this for our patient Master's sake. Amen.

Against Evil Speaking

O GOD, Who has given us our wonderful gift of speech that we may share our thoughts with others, help me to use it rightly. Let me speak the truth in love, never with the wish to harm, or bring shame on another. If I know ill of anyone, let me not take pleasure in telling it, or even to mention it, unless it be for the good of another. Keep me from evil words; from taking Thy great name in vain by using it to emphasize what I say. Let no corrupt communication proceed out of my mouth. For Jesus' sake. Amen.

Against Vanity

O GOD, from Whom comes every good and perfect gift, let me not boast myself of that which Thou hast given me. If I have beauty let me rejoice in it, but let me remember that it did not come to me of my own deserving, or my own effort, but as a gift from thee. Keep me from vanity. If I

have a quick mind and a keen intellect, do not let me be puffed up, or to feel that I am better than others whose brains work more slowly than mine. Teach me to see how small I am in this great world of Thine and how little cause I have for vanity. For Jesus Christ's sake. Amen.

Against Idleness

O LORD, fill me with a deep sense of the shortness of the time that I have to spend in this world. It is only a few years at best. Help me not to waste any of it in idleness. May I use all my powers of body, soul, and spirit, to the best advantage for myself and for others. Give me such vigor that work may be a delight and not a weariness. Grant me the rewards of labor, that my work may not be in vain. Keep me diligent at the task I do not like, and bless all the work of my life. For Jesus' sake. Amen.

Against Fear

O GOD, Who art the source and fountain of all strength, be with me in my hour of weakness. When fear comes, like an

armed man, drive it away. Fill me instead with a sense of Thy protecting providence, which is stronger than any foe that can assail me. Make me know that no harm can happen to me, with Thee as my sure refuge. If what seems ill comes to me, it is Thy hand leading me to what is best for me. Let me not be afraid. Thou canst turn all things to good, and will do so, for those who trust Thee. Keep me from being afraid where there is no cause for fear. For Jesus' sake. Amen.

Against Gossip

O LORD, Who has taught us to love our neighbor as ourselves, keep me from hurting anyone by idle words. Let me not gossip about my friends and acquaintances, nor repeat tales that may not be true. Help me to make it a rule of life never to tell any person what another is saying against her. If it is true, she knows it; and if it is not true, it will only hurt her feelings to hear it. Let kindness govern my tongue and let me be slow to put a wrong construction on the acts of others. Make me realize that the word

spoken never can be recalled, and therefore to think before I speak. I ask this for Thy dear sake. Amen.

In Perplexity

O GOD, I am sorely perplexed and know not which way to turn, nor what to do. Send me light and guidance. Make my way plain before my face, that I may take the right path. So much seems to depend on my decision, and I do not know how to decide. Take my hand and lead me. Show me what Thou wouldst have me do, and help me to do it. Guide me that I may not make a mistake. I want to do what is right and best for myself and those who are nearest to me. Bring me to a just decision. For Jesus' sake. Amen.

In Discouragement

DEAR Lord, my heart is weak within me and I have no strength left. All I do turns out badly and my work is of little worth; every man's hand seems against me. I know that Thou hast a place in this Thy

world for every child of Thine. Show me mine. No one else can fill it, for in all this great universe there is no other soul just like me. Pour comfort into my heart and fill it with the knowledge of Thy love and care for all Thy children. Make me sure that I can do well what Thou hast made it my duty to do. Lift up my eyes unto the hills from whence comes my help. For Jesus' sake. Amen.

In Disappointment

O LORD, Thou knowest how hard it is to have my high hopes come to naught. Make me able to bear the disappointment without repining. Let me feel that Thou knowest what is best for me, and that even this bitter disappointment may not be wholly evil. Thou hast told us in Thy holy word that Thou dost not willingly afflict or grieve the children of men. There must be good even in this bitterness; show me how to find it. Let me not blame others unjustly, nor be too hard on myself if I have been to blame for this result. Grant this for Jesus' sake. Amen.

In Sorrow

O LORD, my sorrow is unbearable and I cannot escape from it; share the burden with me. In Thy life on earth Thou wast a man of sorrow and acquainted with grief. Thou knowest how hard sorrow is to bear. In Thy human nature Thou has felt the weight of the grief of the world. Have pity on me, the weakest of Thy children. Keep me from being overwhelmed by this crushing load. Thy love can support me in this hour of trial and bring me peace in the midst of this sore affliction. Help me to trust to it as a refuge from the storm. For Thine own dear sake. Amen.

In Happiness

O GOD, Who has filled my heart with this overflowing happiness, help me to take it as coming from Thee. Thou hast filled all Thy creatures with the joy of life and made them rejoice together in times of blessing. Give me grace not to be selfish in my great joy, but to share it with those who are not so blest. Let me not grudge myself

its full enjoyment, but in these days of bliss lay up treasures of remembrance that will last all my life. Happiness is not a constant state. When it comes, let me feel that it is Thy special gift and take thankfully all the pleasure that is in it. For Jesus' sake. Amen.

When Traveling

O GOD, I pray Thee to protect me from the perils of the way and to keep me in Thy loving care. Make me quick to see the beauty in Thy world and to appreciate it. Let me miss nothing of interest or delight, but lay up a store of memories to brighten days of gloom. There are many things to distract my mind. Do not let me forget Thee. Show me Thy goodness in Thy works, which praise Thee. All loveliness of earth and sky is Thine. Help me to keep in harmony with it and enjoy it. For Jesus' sake. Amen.

At Sea

O GOD, whose way is in the sea and whose path is in the great waters, guide me in this trackless deep. If storms

come, guide us safely through them to the haven we would reach. Say to the waves, peace, be still. Thou holdest the hearts of men in the hollow of Thy hand. Give foresight, courage and endurance, wisdom and strength, to those who manage this ship. Calm my mind if I am afraid, and give me a sure confidence in Thee, that I may be able to help others who dread the dangers of the sea. For Jesus' sake. Amen.

In Pain

DEAR Lord, I suffer so there is no room for any other thought but pain. Help me to bear it. Make me remember Thy sufferings here and the glory of Thy patience. Strengthen me to endure like a good soldier of Thine. Bring my body into harmony, that pain may cease. Bless the means that are used for my relief. Keep me from useless complaint, from fretfulness, from despair. When ease comes, let it bring thoughts of Thy mercy, and deep thankfulness for the blessing. I ask these things for Thy sake. Amen.

In Illness

O LORD Jesus Christ, Who, when Thou wast on earth, healed the sick, look on me with the eyes of Thy pity. I turn to Thee for help in this hour of sickness; I pray Thee grant it to me. Be near me in the long hours of the night, for darkness is no darkness to Thee, but the night is as clear as the day. Give me the comfort of Thy presence when I am lonely, and uphold me when I am afraid. Make me feel that life and death are one to Thee, and that, in this world and in the next, I am Thine. Hear me for the sake of Thy love to us. Amen.

Before an Operation

O LORD Jesus Christ, I pray Thee be with me in the hours of pain and danger that lie before me. Thou suffered for us on the cross and knowest how weak the human heart can be. Strengthen me to bear what is laid upon me. Give skill and insight and wisdom to the surgeon. Let me be thankful that what he has to do can be done without my knowledge and that I shall

not be conscious of pain. Grant that I may be restored to health, so that I may be useful and a comfort to others. For Thy dear sake. Amen.

In Convalescence

O LORD, Who has granted me relief from suffering, I pray that in returning health I may not forget Thy help in the hour of need. Keep me from being fretful and exacting in these weary hours of convalescence. Let me keep my past sufferings to myself and not inflict them on others by talking about them. Make me considerate of those who have nursed me so long and faithfully, and let me not impose on their kindness now that I am better. Help me to be cheerful and ready to take up the burden of life again with a willing mind. For Jesus' sake. Amen.

In the Loss of Friends

O LORD Jesus, Who stood by the grave of Thy friend Lazarus and wept there, Thou knowest the sorrow that fills my heart. Comfort me under it. Make me look be-

yond this short life, which lasts only through our journey here on earth, and realize that it is the beginning, not the end. Thy love and mercy surround Thy children here and go with them through the gate of death that leads to eternal life. Let me not sorrow without hope. The one I love has gone but a step from me and still loves me, and we are still near each other in Thee. Guard us both, for Jesus' sake. Amen.

Sunday

O GOD, Who gave us this day of rest, help me not to spend it in selfish pleasure, but to use it in Thy service. First, let me show that I believe in Thee by offering Thee praise and thanksgiving in Thine own house. Then let me take the rest for which this day was made, to restore my body and refresh my soul. Make me feel I need not refuse any innocent pleasure that takes me into the great outside world of fresh air and sunshine. Help me to spend part of this day in the service of others and to do nothing in it that will bring me sorrow. For Jesus' sake. Amen.

A Birthday Prayer

O LORD, Who hast given me another year of life, help me to live each year as one of Thy children. Thy almighty protection is over me, and I am sheltered by Thy love. Keep me from the shadow of evil; may no harm happen unto me. Turn my thoughts towards good, that I may serve Thee with a willing mind. Let me not forget the shortness and uncertainty of this life, but try to make each day a step forward in the way to life eternal. Give me deep gratitude for the love that has led me all my life long and for my many blessings. For Jesus' sake. Amen.

Christmas

O LORD Jesus Christ, Who on this day was born on earth a little child, help me to keep in mind Thy great gift to men, the example of Thy perfect life. May Thy unselfish love make me thoughtful of others at this happy season, and ready to share their joys and give them of mine. Make me remember that giving and not getting is the

lesson of this day. Fill my heart with praise for all that Thou hast done for me and given me. Fill me with gratitude for the kindness and generosity of my friends and for the power to enjoy. Grant me good-will to all men. For Thy dear sake. Amen.

New Year's Day

O GOD, Who has brought me safely to the beginning of another year, guide and guard me all the months to come. My way is open to Thine all-seeing eye; shield me while I travel it. I cannot help myself; protect me from the unknown perils that lie before me. Brighten every blessing that may fall to my lot, with the sunshine of Thy love and favor. Give me Thy strong support when I am in danger of falling, and Thy pardon if sin overtakes me. Let me live this year as if it were my last on earth. For Jesus' sake. Amen.

Easter

O LORD of Glory, Who cast away the bonds of death and rose from the grave to bring us newness of life, be near me as

I pray to Thee. As thou didst choose a woman to be the first witness of Thy resurrection and to carry the tidings to Thy friends, so make me always ready to bear witness to the fulness of Thy love, 'as Thou hast shown it to me. Let Thy triumph over death take from us the fear of death. Thou hast proved that the soul can pass through it unhurt, and live. Grant me so to live while I am here that, with Thee, I may have life everlasting. Amen.

For Thanksgiving

O GOD, Who has poured upon us the blessings of Thy goodness, give us thankful hearts to enjoy all that Thou hast sent. Make us grateful for our common blessings. Let us not take them as a matter of course, but know them to be gifts from Thee. Let us rejoice in the family love that is so dear, and in all the delights of home. If sorrow shadows us, and it is hard to give thanks, make us feel that Thy love tempers even the saddest griefs and that peace will come again. Perfect our trust in Thee. For Jesus' sake. Amen.

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